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## 'Cultural genocide'

Caroline Ouskun, 64, of Split Lake, who spent eight years in residential schools, is supported by two grandsons as she listens to Truth and Reconciliation Commission chairman Justice Murray Sinclair speak live on a screen at the University of Winnipeg Tuesday morning as the report was released. More coverage, **metroNEWS** page 2 and Canada page 6. SHANE GIBSON/METRO

## Student dead after stabbing

**KELVIN HIGH SCHOOL**

**Police have  
one person in  
custody**



**Shane  
Gibson**  
Metro | Winnipeg

At last official word, a young man remains in hospital with serious injuries after students say he was stabbed outside Kelvin High School over the lunch hour Tuesday.

But a tweet from the school's student council later in the day said the victim has died.

Police would only say they were called to the school around 12:30 p.m. about a fight and what they're calling a "possible stabbing."

They say one person was taken to hospital with serious injuries and another is in custody.

Students who stood behind police lines and watched investigators lay evidence markers around a hoodie left strewn across the grass in front of the school's Stafford Street entrance told Metro a young man had been stabbed, and a source close to the investigation said the victim is a 17-year-old male.

Several postings on social media identified the victim as Brett Bourne.

The school was put into lockdown for about an hour-and-a-half after the stabbing, leaving parents like Tom Stroud — who happened to ride by on his bike — shaken.

"My daughter's safe ... but I'm worried about what's going on for somebody else's kid," he told reporters after talking to his 16-year-old daughter over the phone and making sure she was OK. "Of course it's concerning, and it's shocking."

Police continue to investigate and interviews are ongoing.



Police closed Stafford Street and Kingsway for much of the afternoon Tuesday at Kelvin High School. SHANE GIBSON/METRO



# Survivors get emotional as TRC releases findings

TRUTH AND RECONCILIATION

## Residential schools report brings back sad memories



**Shane Gibson**  
Metro | Winnipeg

Walking into a packed hall at the University of Winnipeg on Tuesday to watch the Truth and Reconciliation Commission release its final report into the abuse experienced by residential-school survivors brought Caroline Ouskun back to her first day at the schools.

"Even though there was a room full of people, I felt all alone," said the 64-year-old from Split Lake, who was forced into residential school for eight years starting in August 1959 when she was eight years old.

"I came out as an angry teenager.... I left ... and didn't go back when I started realizing I was a captive. I've had a lot of work to do."

Now, more than five decades after being taken from her parents, Ouskun is not alone.

As she and other survivors listened to a live video broadcast of Truth and Reconciliation Commission chairman Justice Murray Sinclair give his final remarks on the report — which has spent six years look-

ing at the 150-year history of the schools and abuses he said amount to a "cultural genocide" — Ouskun's two grandsons held her tight.

"I felt so protected," she said afterward. "I didn't feel that way in residential school."

Like Ouskun, survivor Marylyn Fontaine, 65, who was in residential schools from the age of five until 16 and whose own parents and grandparents were abused at the schools, said talking with family has helped her heal from the hatred her experiences left her with.

"It's my children who've taught me differently, as well as me being able to teach them," she said. "They taught me love and they taught me caring."

Fontaine's daughter Jasmine Smith, 24, is taking Indigenous Studies at the U of W and works with aboriginal women who've been exploited and abused. She said she hopes the report will help all Canadians acknowledge the lasting effects of residential schools.

"There needs to be more awareness," she said. "If the population does not understand what happened, it's just going to be the continuation of stigmatization and marginalization of a population that's already been through so much."

Ouskun and Fontaine's stories are among the 6,750 statements made by survivors across the country to the commission that will be part of a permanent historical archive.



**Marylyn Fontaine, 65, listens to Truth and Reconciliation Commission chairman Justice Murray Sinclair speak live on screen at the University of Winnipeg Tuesday.** SHANE GIBSON/METRO

REACTION

## Premier wants fewer kids in care

Premier Greg Selinger says the province has to work with communities and families to see fewer aboriginal children under the care of Child and Family Services in Manitoba.

Selinger was reacting to a recommendation made in the Truth and Reconciliation Commission's final report, released Tuesday, which called on both the federal and provincial governments to establish national standards for foster care and to specifically reduce the number of aboriginal children in care.

Manitoba has about 10,000 children in care, and the vast majority are aboriginal.

"We have to have profound respect for language and culture and the need for communities to have the proper supports and resources to do the job they need to do," he told reporters after watching the report's release live on a screen at the University of Winnipeg.

"That has to be a comprehensive approach, and we have to do that with full respect and regard for the leadership and the sovereignty of First Nations."

In a speech leading up to the report's release, TRC chair Justice Murray Sinclair said there are now more aboriginal kids in care than there ever was at any time during the residential school era.

The province has been under fire over the practice of housing foster children in hotels to deal with a lack of foster beds in the system after 15-year-old Tina Fontaine was killed after running away from one last summer. Another young girl, who'd also been put up at a downtown Winnipeg hotel, was seriously assaulted in March.

SHANE GIBSON/METRO  
WITH FILES FROM  
THE CANADIAN PRESS

**10K**

**Manitoba has about 10,000 children in care, and the vast majority are aboriginal.**



**Residential-school survivors and their supporters make their way from the University of Winnipeg to Thunderbird house on Tuesday.** SHANE GIBSON/METRO

## AGRICULTURE

# Winnipeg aims to keep farms in city

The city is looking for ways to keep more farmland within the city limits, and to make sure more food is being produced right in Winnipeg.

Currently 29 per cent of land in Winnipeg is zoned as agricultural, but as more land on the edge of the city is developed, that number is decreasing.

At Tuesday's Property and Development Committee meeting, the city approved a motion to have city staff look at land use, and see if there are ways some land can be kept as agricultural.

"We are not talking about taking that 29 per cent and re-zoning agriculture forever," said Coun. John Orlikow. "The question is: Are there areas where we can zone it agricul-

tural that maybe don't have a development need, or maybe in the future won't?"

The city also went forward with a motion to create a food policy committee that would look at matters like food security and local food production.

"This is something that has been talked about for five years and the communities have talked about it on their own while getting ready and waiting for the political will to arrive," said Coun. Jenny Gerbasi. "And I guess the political will has arrived with the new mayor and council."

"It's something that most other cities are doing."

The city does not yet have a set timetable for staff to present their findings on agricultural land. DAVE BAXTER/METRO



John Orlikow speaks at city hall on Tuesday. DAVE BAXTER/METRO

## CULTURE

## Downtown museum draws big crowds for reopening

Colin Fast  
For Metro | Winnipeg

A time machine to 1895 has reopened on Carlton Street.

Dalnavert Museum drew more than 1,700 visitors last weekend as part of the Open Doors Winnipeg event. It was the first time the museum was open to the public since it was shut down by the Manitoba Historical Society (MHS) in 2013.

At the time, the MHS said Dalnavert was losing money, and suggested the heritage building — once the home of former Manitoba premier Hugh John MacDonald, the son of Sir John A. MacDonald — might be converted to office space.

But a new group of volunteers and heritage advocates, the Friends of Dalnavert Museum, stepped up to take over operation of the museum.

Spokeswoman Vanessa Warne said the group has an aggressive plan to raise funds for the museum, including more venue rentals and partnering with like-minded organizations. On Monday, they were at city hall to secure nearly \$41,000 in funding to help with reopening costs.

"It smells like, sounds like and looks like it's straight out of 1895," Warne said about the building. "Walking through



Friends of Dalnavert Museum, from left, Adele Hempel, Thomas McLeod and Vanessa Warne, stand in front of the downtown heritage house. COLIN FAST/FOR METRO

Dalnavert can teach us about the history of servants, immigration, politics and architecture. There was a lot of stuff happening in this house."

She said the Friends of Dalnavert want to use the house to explore big moments in history, like how the sinking of

“  
There was a lot  
of stuff happening  
in this house.”

Vanessa Warne

the Titanic affected people who lived in Winnipeg.

"There's no other museum in the city that's really focused on that," Warne said.

Dalnavert Museum is open Wednesday to Friday from noon to 4 p.m., and Saturdays and Sundays from 10 a.m. to 4 p.m.

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**SPORT U.S. WOMEN'S TEAM SCORES IN WINNIPEG.** Julie Johnston signs an autograph for one of the dozens of young players who showed up at Winnipeg's airport Tuesday to greet the team. The U.S. team will now get ready to play in the FIFA Women's World Cup, with their first game against Australia Monday at Investors Group Field. DAVE BAXTER/METRO

# Whitecaps FC seek out Manitoba's best strikers

## SOCCER

### MLS team to launch youth residency program

**Dave Baxter**  
Metro | Winnipeg

Vancouver's professional soccer club is about to make its presence known in Manitoba, and they hope that presence will help make a few young soccer players' dreams come true. The Vancouver Whitecaps FC recently announced that starting in the fall of 2015, Manitoba will be home to the Whitecaps FC Boys Residency Prospects program.

With the program, Manitoba's best soccer players under the age of 19 will train on a regular basis, but also get a chance to have direct access to the MLS club's coaches, man-

agement, and coaching curriculum.

"Now these kids will know that the Whitecaps are present," said coach Marinos Papageorgopoulos, who will coach in the program this fall.

"They will feel, touch and see the pro team right in front of them, and that will push them because there is now something for them at the top of the pyramid to work for."

The goal of the program is to have some of the youth eventually play pro soccer for the Whitecaps, and coaches and management from the Whitecaps team will make trips to Manitoba throughout the year



**Ilyich Gharahmadanai, Jacob Sanchez, Joseph Owikoti and Damien Troung will all take part in the Whitecaps FC Boys Residency Prospects program this fall.** DAVE BAXTER/METRO

**“There would be nothing better than doing what you love and getting paid for it.”**

**Damian Troung**

to work with kids and coaches, and check on progress.

"It's an opportunity for scouting and identification of some of the top players in Manitoba, and will allow us to bring those players into our environment," said Bart Chouf-our, Whitecaps residence and academy centres director.

Bonivital Soccer Club player Damien Troung said with the

new program his goal is now to one day play for the Whitecaps.

"There would be nothing better than doing what you love and getting paid for it," said Troung. "That's the goal."

Players who excel in the program could be invited to be part of the Whitecaps main residency program in Vancouver, and from there would work for a spot on the team's lineup.

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# Girl recovering after liver transplant

## HEALTH

### 11-year-old was born with rare disease

A Winnipeg girl who underwent liver transplant surgery in Toronto after her family issued a public plea for a donor is now recovering in hospital, a family friend said.

Tina Lussier said she had

been on tenterhooks since the surgery began around 7 a.m. Monday and was thrilled to hear Tuesday morning that it had gone well.

"We waited up last night and by 6 p.m., we were expecting to hear something — and nothing," said Lussier. "We were starting to get really terrified."

Eleven-year-old Alexis Siebrecht, who was born with a rare liver disease, was told late Saturday night that a liver

was available from a deceased donor.

An air ambulance then flew her to Toronto, at which point she was admitted to the Hospital for Sick Children.

Allexis was diagnosed when she was a baby with biliary atresia, which impedes bile transport from the liver to the small intestine.

Her mother, Liz Siebrecht, had appealed for a donor in March after learning her daugh-

ter needed a transplant within three to six months.

Lussier said Siebrecht, who is at the hospital with her daughter, is "exhausted."

"Liz is a single mom with three kids, so her other children will be joining her in Toronto tomorrow ... so a lot of expense, a lot of stress," she said.

Fundraising efforts continue to help support Allexis and her family, Lussier said.

THE CANADIAN PRESS



Allexis Siebrecht had surgery in Toronto on Monday. CONTRIBUTED

## ANIMALS

### Hotel's bee project has hives in mind

One of Canada's largest hotel companies is buzzing with efforts to provide more homes for bees.

Fairmont Hotels & Resorts said it will erect 16 additional so-called bee hotels in several cities across Canada to help give the population of the busy pollinators a space to nest.

Six of the specially built structures will be at Fairmont properties in Quebec City, Ottawa, Winnipeg, Edmonton, Vancouver and Whistler, B.C.

The other 10 will be placed in public spaces in Vancouver, Calgary, Toronto and Halifax.

Fairmont erected its first five bee hotels last year in the Toronto area, including one atop the Royal York near Union Sta-

tion in the city's downtown.

The initiative is being done in partnership with Burt's Bees Canada, which makes a variety of bee-related products, as well as other groups devoted to sustaining the bee population.

The Fort Garry Hotel asked a City of Winnipeg committee earlier this year for permission to put beehives on its roof.

The committee voted unanimously in favour of asking city administration to come back with a report on the plan, which if approved would allow any downtown building owner to start keeping bees on their roof, providing they took proper care of them.

THE CANADIAN PRESS, WITH FILES FROM METRO WINNIPEG



## CRIME

### Drunk driver wreaks havoc in St. Charles

A woman who blew five times over the legal limit of alcohol hit three different cars, and caused one injury on Monday.

Police said that around 5:15 p.m., a 38-year-old woman heading south in an SUV in the 600 block of Isbister Street hit a parked car.

After that she hit a vehicle heading north, and police said she also hit a third vehicle as a result of the second collision.

One person ended up with non-life-threatening injuries, and police say the woman was arrested for being five times over the statutory limit of alcohol.

She has been charged with driving while impaired and driving while disqualified and was released on a promise to appear.

METRO

### Fake firefighter tries to get in woman's apartment

A man claiming to be a firefighter from Calgary tried to get in a woman's home last week.

Winnipeg Police said last Sunday they got a call from a woman who said a strange man came to her door, said he was a firefighter and wanted to come in because he smelled smoke.

The 29-year-old woman said the man did show her a badge, but she immediately closed and locked her door because she was scared for her safety. The man left after she shut the door, and has not yet been identified.

Police said the woman was not injured but "very shaken up." The man is described as white and tanned, in his 30s with a shaved black beard.

Anyone with information is asked to call police or Crime Stoppers. METRO

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# JOEY'S

RESTAURANTS

# 'Urgent' need for reconciliation

## Government pursued policy of 'cultural genocide'

The residential schools that removed aboriginal children from their homes, subjecting many of them to substandard education, malnutrition, abuse, illness and even death was a key part of a government-led policy that amounted to cultural genocide, the Truth and Reconciliation Commission concludes.

"These measures were part of a coherent policy to eliminate Aboriginal people as distinct peoples and to assimilate them into the Canadian mainstream against their will," says the 381-page summary of its final report released Tuesday in Ottawa.

"The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources," says the report.

The heart-wrenching and damning report is the culmination of a six-year examination

of the history and legacy of residential schools — largely operated by churches and funded by the Canadian government — that saw 150,000 First Nations, Métis and Inuit children come through their doors for more than a century.

The exercise has been "a difficult, inspiring and very painful journey for all of us," said Justice Murray Sinclair, Canada's first aboriginal justice and the commission's chairman.

"The residential school experience is clearly one of the darkest most troubling chapters in our collective history," Sinclair said.

Through the testimony of residential school survivors, former staff, church and government officials and archival documents, the Truth and Reconciliation Commission pieced together a horrifying history that has been repeatedly dismissed or ignored.

It also describes how the legacy of residential schools continues, not only through the direct effect that generations of institutionalization and abuse has had on survivors, but how it is manifested in racism, systemic discrimination and poverty, as well as dying indigenous languages. **TORSTAR NEWS SERVICE**

Commission chairman Justice Murray Sinclair, centre, and fellow commissioners Marie Wilson, right, and Wilton Littlechild discuss the commission's Tuesday report on Canada's residential school system. **THE CANADIAN PRESS**



**I saw violence for the first time. I would see kids getting hit. Sometimes in the classrooms, a yardstick was being used to hit ... We never knew such fear before.**

Rachel Chakasim, who was schooled in Fort Albany, Ont.

**They just gave me a number ... And it was No. 16 and I'll never forget that number.**

Lorna Morgan

QUOTES SOURCE: THE CANADIAN PRESS

# 150K

The number of children estimated to have gone through the residential school system.

# 80,000

Estimated number of living survivors.

# 3,200

The number of cases in the National Residential School Student Death Register, although the number of deaths is believed to be in excess of 6,000.

# 1996

The year the last school closed.

NUMBERS SOURCE: THE CANADIAN PRESS

## 3 HIGHLIGHTS FROM THE REPORT

The Truth and Reconciliation Commission put forward 94 recommendations to address the continuing legacy of the residential school system, improve the plight of Aboriginal Peoples and restore relations between them and other Canadians. Here are a few highlights. **TORSTAR NEWS SERVICE**

### 2 EDUCATION

Repeal Section 43 of the Criminal Code, which allows corporal punishment, even by school-teachers, implement new federal legislation on aboriginal education and eliminate discrepancy in federal funding for First Nations children going to school on reserves and those educated outside their communities.

### 3 LANGUAGE & CULTURE

The federal government should acknowledge that aboriginal rights include language rights. Post-secondary institutions should develop programs in aboriginal languages and survivors who had their names changed should have fees waived if they wish to change their government-issued identification back to their birth names.



Boys in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. **CONTRIBUTED/ALGOMA UNIVERSITY**

### 1 CHILD WELFARE

Governments should work to reduce the number of aboriginal children in care and set national standards for those that are in care. They should also fully implement Jordan's Principle to help resolve jurisdictional disputes. This would mean that for services that are only available off-reserve, any government department first contacted would pay for it first and seek reimbursement from the responsible department later.

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Former Quebec premier Jacques Parizeau died on Monday night. He was 84. THE CANADIAN PRESS

# Parizeau dead at 84

## OBITUARY

### PQ premier's remarks, post-referendum, alienated many

The late former Quebec premier Jacques Parizeau's comments about "money and the ethnic vote" the night the Yes side lost the 1995 referendum never stopped haunting him and the Parti Québécois.

"It's true that we were beaten, but fundamentally by what?" Parizeau asked the large and boisterous crowd the night of Oct. 30, 1995. "By money and the ethnic vote, essentially," he said, throwing his hands up and shaking his head.

The sovereigntist movement changed that night — at least symbolically — said Francine Pelletier, a columnist with Montreal Le Devoir and independent filmmaker behind a 2003 documentary on Parizeau called "Public Enemy Number One."

Parizeau's words "spurred the old sleeping dogs on the right," she said, and were a harbinger

of how the PQ and the independence movement would shift course from their progressive roots and towards promoting a project centred on identity and nationalism.

Parizeau's words in 1995 also ensured he would be vilified in many circles in the rest of Canada as much as he would be revered in Quebec.

He refused to comment on his infamous speech when Pelletier interviewed him in 2003, but Parizeau finally weighed in during a radio interview in 2013 where he explained the remark was referring to community organizations.

"The common front of the Italian, Greek and Jewish congresses was politically active in an extraordinary way in the No camp and had formidable success," Parizeau told Montreal radio station 98.5 FM.

Pelletier said Parizeau's 1995 remarks did not reflect the man he was or his strong social democratic roots.

"It was a tragedy for the movement, but it was especially a tragedy for him because it pinned him for something he was not," she said. THE CANADIAN PRESS

## PARLIAMENT SHOOTING

### Video not released

A video showing Michael Zehaf Bibeau's first moments inside the Centre Block is being kept secret even as reports are to be made public Wednesday detailing the security response on the day of Parliament Hill shooting.

Cameras near the front door of the Centre Block captured Zehaf Bibeau wrestling with a House of Commons security guard and shooting at other guards before sprinting down the Hall of Honour, according to two sources

with knowledge of the video.

There are no cameras in the hall itself, which runs between the Conservative and NDP caucus rooms.

Zehaf Bibeau was killed in a shootout with security forces at the end of the hall.

Heather Bradley, a spokeswoman for House of Commons Speaker Andrew Scheer, says the video won't be made public for security reasons.

THE CANADIAN PRESS

## BRITISH COLUMBIA

### Bomb plot pair guilty

A British Columbia couple has been found guilty by a jury of plotting to set off handmade pressure-cooker bombs at the provincial legislature two years ago.

The panel convicted John Nuttall and Amanda Korody of conspiracy to commit murder and possession of an explosive substance on behalf of a terrorist group.

In an unusual twist, the conviction won't be entered until next week, after the defence

has a chance to argue that police entrapped the couple into the plot during an elaborate sting operation.

The jury began deliberating behind closed doors on Sunday morning after hearing more than four months of testimony.

Video and audio surveillance showed the pair discussing their ambitions to engage in holy war against the western world for perceived injustices against Muslims.

THE CANADIAN PRESS



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## IN BRIEF

### Canadians astronauts to visit ISS

Canadian astronauts Jeremy Hansen and David Saint-Jacques will visit the International Space Station by 2024, said Industry Minister James Moore at the Canada Aviation and Space Museum in Ottawa.

THE CANADIAN PRESS

### Nunavut wants university

The government of Nunavut has announced it will take the next step toward creating an Arctic university by funding a feasibility study.

Canada remains the only Arctic nation in the world that doesn't have a university located in its North.

THE CANADIAN PRESS

# FIFA president's 17-year rule tainted by scandal

## SOCCER

### Sepp Blatter could be a target of U.S. investigators

The end for Sepp Blatter came suddenly, just days after he had seemingly solidified his hold on FIFA.

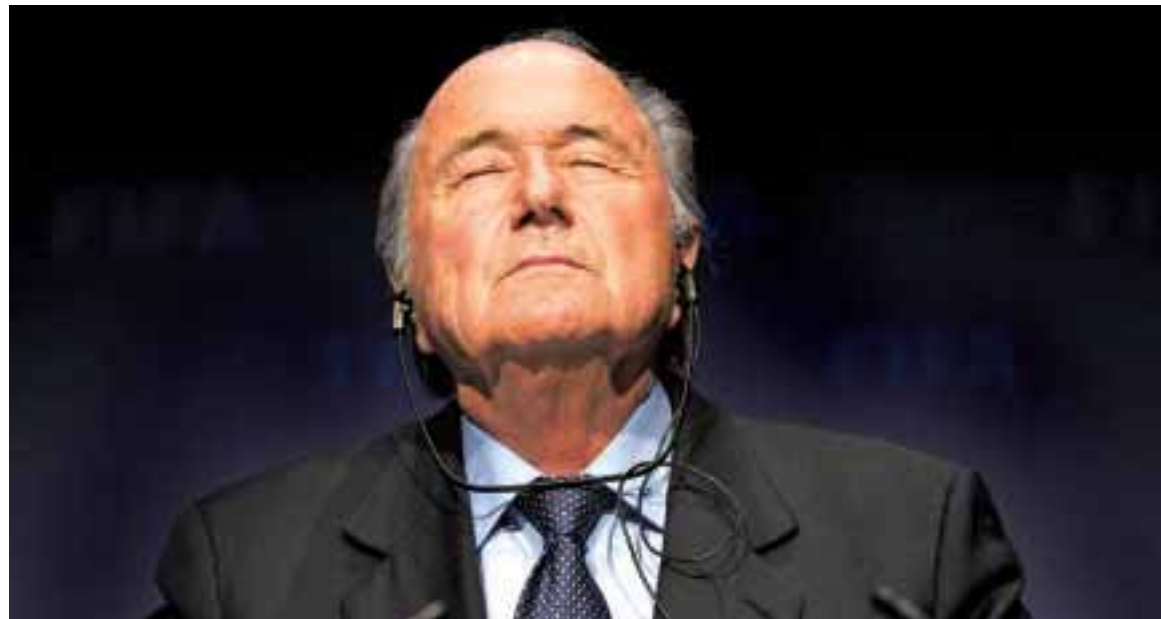
The 79-year-old leader of the world's most popular sport defied global animosity last week to win four more years in office. But his re-election only increased the pressure from colleagues, sponsors, athletes and fans for Blatter to step down as FIFA's president.

At a hastily arranged news conference Tuesday, Blatter announced he would leave office within months and called for a fresh election to appoint a successor.

"I cherish FIFA more than anything and I want to do only what is best for FIFA and for football," said Blatter, who could still be a target of U.S. investigators delving into decades of corruption and bribery accusations against FIFA officials.

## + BACKGROUND

The U.S. Department of Justice indicted 14 men last Wednesday. The Swiss attorney general said Blatter was not under investigation in Switzerland, but authorities said last week they have opened a criminal probe into the 2018 and 2022 World Cup bidding votes.



In this Friday, Nov. 19, 2010, file photo FIFA President Sepp Blatter pauses during a press conference following a meeting of the executive committee in Zurich, Switzerland. Blatter will resign from soccer's governing body amid a widening corruption scandal and promised Tuesday to call for fresh elections to choose a successor. STEFFEN SCHMIDT/KEYSTONE VIA THE ASSOCIATED PRESS FILE

After generations under Blatter and his mentor, Joao Havelange, the announcement left FIFA without a leader and without a clear course forward. It sets off a global power struggle for control of the organization as a criminal investigation intensifies.

A strained and serious Blatter read a six-minute statement in French before exiting without taking questions.

Blatter had been defiant and feisty in the same room on Saturday, fending off questions about FIFA's battered reputation and the chance he could be arrested.

His mood had changed in the

**“It was a difficult decision, a brave decision, and the right decision.”**  
Michel Platini, president of European body UEFA

24 hours before his announcement, Blatter aide Walter Gagg told The Associated Press.

A federal indictment last week detailed apparent bribes from a FIFA account totalling \$10 million to senior officials for voting South Africa as the 2010 World Cup host. Late Monday, reports laid a clearer trail of complicity to the door of FIFA headquarters, if not Blatter himself.

"We know that in the last 48

hours he was thinking of the future and perhaps what happened in the last hours, this gave him the conviction," Gagg, a long-time confidant of Blatter, told the AP in a telephone interview.

"We had lunch with him yesterday (Monday). He was relaxed he was fine," Gagg said. "I had a very good meeting with him early in the morning (today). Then came the different information from the U.S. with this

and that."

The South African angle threatens to tarnish memories of a bid campaign that brought Nelson Mandela to Zurich for the winning vote in 2004.

At risk also is the legacy of a World Cup that was an organizational triumph for FIFA and South Africa, and bolstered Blatter's reputation as a friend of Africa whose loyalty stood firm in Friday's election.

Even before the election, Blatter's ability to travel to the U.S., or other countries where the Swiss national risked arrest and extradition, had become a distracting story.

THE ASSOCIATED PRESS

## CHINA Hundreds missing from ship

As the Eastern Star cruise ship listed heavily amid pounding rain on the Yangtze River, tour guide Zhang Hui told a colleague, "Looks like we are in trouble."

The vessel capsized in the storm Monday night with 458 people aboard, touching off a frantic rescue effort. At least 15 people were brought to safety, including three pulled from the overturned hull Tuesday, and five people were confirmed dead, the official Xinhua News Agency reported.

The vessel was carrying mostly elderly tourists from Nanjing to the southwestern city of Chongqing when it overturned in China's Hubei Province.

Divers rescued a 65-year-old woman and, later, two men who had been trapped, state broadcaster CCTV reported. It said more people had been found and were being rescued, but did not say whether they were still inside the overturned hull.

CCTV video showed rescuers in orange life vests climbing on the hull, with one of them lying down tapping a hammer and listening for a response, then gesturing downward.

"We will do everything we can to rescue everyone trapped in there, no matter they're still alive or not, and we will treat them as our own families," Hubei military region commander Chen Shoumin said at a news conference shown live on CCTV.

The survivors included the ship's captain and chief engineer, both of whom were taken into police custody, CCTV said. Relatives who gathered in Shanghai, where many of the tourists started their journey by bus, questioned whether the captain did enough to ensure the passengers' safety and demanded answers from local officials in unruly scenes that drew a heavy police response.

THE ASSOCIATED PRESS



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# Farmers to cut water use

## DROUGHT

### Plans made to avoid water-sucking crops in California

Dozens of California farmers aiming to meet voluntary water conservation targets submitted plans to the state saying they intend to plant less thirsty crops and leave some fields unplanted amid the relentless drought.

Farmers in the Sacramento-San Joaquin River Delta devised the plans filed Monday as part of a deal last month that would spare them deeper mandatory cuts in the future.

Under the agreement, they must turn in plans for using 25 per cent less water, following 25 per cent of their land or other strategies to achieve the necessary water savings. Officials hope the deal can become a model for other farmers around the state.

California cities and businesses also have been ordered to reduce water use by 25 per cent. The state Water Resour-



Gino Celli inspects wheat on his farm near Stockton, Calif., in May. Farmers submitted plans Monday saying they aim to plant less thirsty crops. RICH PEDRONCELLI/THE ASSOCIATED PRESS FILE

ces Control Board on Tuesday is expected to release its report for how communities met the goal in April. That was the month Gov. Jerry Brown ordered sweeping conservation measures, including mandatory urban water reductions, following the worst snowpack



**These are ... plans that will result in some significant conservation.**

Michael George, watermaster

measurement in recent years in the Sierra Nevada.

California depends on that snow to melt its way into rivers and reservoirs and meet nearly a third of the state's water demand.

Regulations stemming from Brown's order require com-

munities to cut water use by as much as 36 per cent compared with 2013, the year before the governor declared a drought emergency. The rules took effect this week.

The shift to mandatory conservation followed lacklustre voluntary savings, with water use slipping just 3 per cent in February and 4 per cent in March. Overall savings have been only about 9 per cent since last summer, falling well short of Brown's 20 per cent goal.

At least 120 farmers in the delta east of San Francisco have filed plans, said Michael George, Delta watermaster for the water resources board.

"These are serious, well-conceived plans that will result in some significant conservation," said George, who is tasked with calculating how much water the changes will save.

California grows nearly half of the fruits, nuts and vegetables consumed in the U.S. However, agriculture experts say the drought has not had a significant impact on food prices because other regions are making up the difference.

THE ASSOCIATED PRESS

## U.K.

### Actor enters ISIL fight

A British actor who has had minor roles in Hollywood films has joined Kurdish fighters battling the Islamic State of Iraq and the Levant (ISIL) in Syria and appeared in an online video Tuesday.

Michael Enright, who played a deckhand in *Pirates of the Caribbean: Dead Man's Chest*, appeared in a video released by the Kurdish People's Protection Units, known as the YPG. The video showed him in a trench with other fighters firing an assault rifle. "(ISIL is) dangerous to every human being alive," Enright says in the video.

THE ASSOCIATED PRESS



Michael Enright on Monday.

MOHAMMED HASSAN/  
THE ASSOCIATED PRESS



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WHITE ATTIRE



**APPLE 'SMART' HOME GADGETS GO ON SALE** Craig Federighi, Apple's senior vice-president of software engineering, introduces the Apple HomeKit app at last year's Apple Worldwide Developers Conference. The first "smart" home gadgets that can be controlled by Apple's voice-activated digital assistant are going on sale this week, just days after rival tech giant Google announced its own software for Internet-connected home appliances and other gadgets. HomeKit-certified products hitting the market Tuesday include wireless hubs from two companies, Insteon and Lutron Electronics. The hubs, about the size of a small home router or cable TV box, act as the central controller for lights and other gadgets. The hubs in turn can be managed with a smartphone app. THE ASSOCIATED PRESS FILE

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**metro**

# Big Tobacco not yet off the hook

## COURTS

### Quebec ruling boosts hopes for provinces' \$120B lawsuits

A "devastating" court decision in Quebec against three major Canadian tobacco companies could provide a boost to provinces seeking to recoup health-care costs from tobacco companies.

All provinces have filed medical cost recovery lawsuits to go after so-called Big Tobacco for health-care costs stemming from smoking-related disease.

The provinces are seeking about \$120 billion collectively and the favourable Quebec ruling will reverberate Canada-wide, said Rob Cunningham, a lawyer and senior policy analyst at the Canadian Cancer Society.

On Monday, a Quebec Superior Court Justice awarded

more than \$15 billion to Quebec smokers who had filed class-action lawsuits nearly 17 years ago.

Justice Brian Riordan's 276-page ruling dealt what Cunningham called "a massive, devastating victory against the tobacco industry." All three firms — Imperial Tobacco, Rothmans, Benson & Hedges and JTI-Macdonald — immediately announced their intention to appeal.

"It's the first time in court, in Canada, they've had to defend and be accountable for their actions over decades and the court found they were liable for \$15.5 billion," said Cunningham.

The Quebec case was distinct from suits launched by the provinces, but many of the arguments in the cases overlap.

The Quebec action put a mountain of evidence at the provinces' disposal: Tens of thousands of pages of documents and testimony heard over more than two years of

“

**It's the first time in court, in Canada, they've had to defend and be accountable for their actions over decades.**

Rob Cunningham

hearings are available to them.

No trial dates have been set in those provincial suits, which — unlike the Quebec case — aim to go after the foreign-based parent companies of the Canadian tobacco firms.

The provinces have been inspired by experiences in the United States, where successful state-sponsored recovery lawsuits saw awards of \$245.5 billion US to be paid over 25 years as well as new restrictions on marketing.

THE CANADIAN PRESS

## DRUG INDUSTRY

### Safety still an issue with 'female Viagra'

The makers of a pill intended to boost sexual desire in women will try again this week to persuade regulators that the drug warrants approval, following two rejections.

But a new review released by the Food and Drug Administration shows government scientists still have concerns about whether the drug's benefits outweigh its risks. The FDA review highlights several safety issues with flibanserin, including low blood pressure and fainting spells. Those problems increased when patients combined the drug with alcohol

and some other medications, according to the document.

A panel of FDA experts will discuss the drug Thursday, before voting on whether to recommend its approval.

For decades, drugmakers have tried unsuccessfully to develop a female equivalent to Viagra, the drug that treats men's erectile dysfunction by increasing blood flow. But disorders of women's sexual desire have proven resistant to drugs that act on blood flow, hormones and other simple biological functions.

Supporters of Sprout Pharmaceutical's drug say women's sexual disorders have long been overlooked by the FDA. But critics argue that drug development efforts like Sprout's medicalize women's sexual problems, which are often related to stress, relationship issues and other life circumstances. "There are certainly women who have low libido and are distressed by it," says Dr. Adriane Fugh-Berman, an associate professor at Georgetown University.

"But for those women, therapy is the best solution, because this is not a medical disease." THE ASSOCIATED PRESS

## IN BRIEF

### Walmart raising wages for managers, specialists

Walmart is raising starting wages in the U.S. for more than 100,000 department managers and workers in its deli and other specialized departments.

The moves mark the next wave of wage hikes by the nation's largest private employer, which has been under pressure from labour-backed groups for the treatment of its workers. In February, it announced it was increasing minimum wages for entry-level and long-term hourly employees to at least \$10 by next February. That increase affected 500,000 of its 1.3 million U.S. workers.

THE ASSOCIATED PRESS

## market minute

**DOLLAR**  
80.59¢ (+0.81¢)

**TSX**  
15,104.74 (+30.61)

**OIL**  
\$61.26 US (+\$1.06)

**GOLD**  
\$1,194.40 US (+\$5.70)

**NATURAL GAS:** \$2.698 US (+4.9¢)  
**DOW JONES:** 18,011.94 (-28.43)



## THE BIG THING: DRIVERLESS CARS — REVOLUTION OR RISKY MOVE?



**1 Bump on the road**  
Security firm MSI says hackers could wirelessly disrupt a self-driving car's sensors, causing it to accelerate instead of brake, for example. Today's systems aren't designed to respond.

**2 Ready to ride**  
Last month Google announced testing of its self-driving cars on California roads. Mercedes-Benz and Apple are working on similar prototypes. You might be able to own one as early as 2020.

**The driverless car may be only a few years away from a highway near you. But now two U.S. companies working with the University of Virginia and the Pentagon have shown that it may be easier than once thought to hack the vehicles' auto-piloting computer systems — a vulnerability with potentially deadly consequences.**

AGENCE FRANCE-PRESSE

**3 Preparing for the worst** Manufacturers have tried to mitigate the risk of cyberattacks. Google, rumour has it, has an elite team of hackers looking for ways to mess with its cars' system.

## ROSEMARY WESTWOOD

metroview

### Reconciliation calls on all of us to help heal our country

What can I do?

That's the question for all of us, now that the Truth and Reconciliation Commission has released its final, exhaustive and damning report.

It finds the government and churches committed cultural genocide through the residential school system, and the legacy has been devastating.

"We fed our experiences to our children," as one survivor described the ripple effect of the horrors.

Poverty, higher rates of incarceration, children in state care and violence against aboriginal women: The commission's report calls for specific efforts to end all of these.

It also calls on each of us to learn the truth about residential schools and accept our role in healing our country. It's clear we have work to do.

In 2013, 60 per cent of Canadians felt aboriginal people bring their problems on themselves, according to an Ipsos Reid survey.

It's time to ask: Whose history have we been fed? Whose prejudices do we still carry? What can we do to end institutionalized racism?

The indigenous and non-indigenous communities "have to support one another," Andrea Chrisjohn, of the Toronto Council Fire Native Cultural Centre, told me. "How do we come up with solutions instead of just saying 'It's not

my problem'?"

As commissioner Marie Wilson said, we can take the stories of abuse and loss into our hearts. We can use them as a new window through which to see our own history.

We can also educate ourselves. We can learn what treaty land or traditional territory we live on, suggested Michael Redhead Champagne, a Winnipeg activist and founder of Aboriginal Youth Opportunities.

"Do you know the history?" he asked, of place names like Dakota and Toronto, which have indigenous origins?

We can amplify the voices of local activists, he added, and write letters supporting them to elected officials or the media.

We can also call our local Aboriginal Friendship Centre — they are in many Canadian cities — and ask how we can help out, Chrisjohn said.

And I'll add: We can make aboriginal issues a part of our vote this fall.

The next government will play a key role in determining the success of this commission's work.

The report can gather dust on a shelf, or it can galvanize broad societal change. The first would perpetuate cultural superiority. The second would lead us closer to equality.

Vote for the one you think is right.

## Even without meat, the food future looks tasty

### THE SCIENCE

Stephanie Orford



The costs of a meat-heavy diet are becoming apparent.

Beef prices are climbing. The average price of regular ground beef rose 41 per cent between April 2012 and April 2015, according to Statistics Canada. And Canadian meat prices are set to remain high for years to come, a Guelph, Ont.-based food industry analyst said Monday.

The problem is going to affect us all. The world population is projected to reach nine billion by 2050, and demand for meat is set to increase worldwide, especially in Asia. Animal products make up 20 per cent of the human diet on average worldwide.

But meat consumption is going to have to drop to five per cent of our diets if we're going to feed everyone —

not rise, as the trends suggest will happen.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

Beef is the biggest agricultural contributor to greenhouse gas emissions and environmental degradation. Raising beef generates six times more greenhouse gas per unit of protein than pork, chicken, or eggs.

Meat alternatives in stores and restaurants are becoming more popular, healthier and tastier, and they're much better for the environment.

Cultured meat, for instance, is estimated to produce 96 per cent less greenhouse gas and at least 82 per cent less water than livestock. And no more grazing means land can be freed up for growing more sustainable crops.

The first lab-grown burger,

cultured from cow muscle cells, was produced in 2013 by a lab from Maastricht University in the Netherlands, funded by Google's co-founder Sergey Brin. In March a Tel Aviv University lab unveiled its project to grow chicken muscle tissue using a similar technique.

Lab meat isn't cheap — that first burger cost about \$300,000 US — but the price has already dropped to about \$12. It looks like it won't be available at your local burger joint for at least 20 years, however.

Meanwhile, other companies are finding ways of creating meat and egg alternatives that taste good and are relatively inexpensive to produce. And those are on the market now.

Californian food-tech company Hampton Creek created a replacement for egg using proteins from yellow peas and a variety of sorghum, which they use in their cookies and mayo.

**To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.**

They're making sustainable alternatives to animal products at competitive prices.

Unlike the sawdust-like veggie burgers of decades past, these products are designed to be delicious. This is the future of our meatless diets, and it actually looks pretty tasty.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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PHILOSOPHER CAT  
by Jason Logan

"I SECRETLY THINK REALITY EXISTS SO WE CAN SPECULATE ABOUT IT."





Not everyone can look like Chris Hemsworth. A recent U.K. poll shows many men feel uncomfortable when the shirts come off.

EVERETT COLLECTION/HANDOUT

## Beach bod anxiety not just a girl thing

### BODY IMAGE

### Poll finds one third of men feel a pressure to look good

The furor over a recent ad campaign by weight loss supplement Protein World that asks: "Are you beach body ready?" highlighted just how polemic a topic body image is for women. But it turns out men can also feel self-conscious about stripping down to their bathing suits.

According to a poll by the

### STILL, WOMEN HAVE IT HARDER

The survey results were even more dramatic for the women polled, with just three per cent of female respondents describing them-

selves as "happy" with their bodies, and a huge 39 per cent admitting they would feel "unconfident" wearing a bikini.

market research app OnePulse, only eight per cent of men feel "very happy" with their bodies, while 11 per cent are unhappy with their physique and a further 11 per cent claim they "hate" the way they look.

And while 22 per cent say they don't feel any pressure to have the perfect figure, almost

one third of respondents (29 per cent) feel the pressure to look good thanks to women. It seems male pride has much less influence when it comes to looks, with only 16 per cent claiming to feel the heat from other men.

The news flies in the face of the recent "Dad Bod" phenom-

enon, which saw "everyday men" gain sex appeal in the eyes of the media and woman-kind for their "non-threatening" and "cuddly" physiques.

Yet despite feelings of dissatisfaction, some 20 per cent of men claim to lack the motivation to "work on their body." With summer around the corner, 33 per cent are willing to dig out their gym gear ahead of beach season, while 22 per cent have the impetus to take care of their physiques all year round.

The poll surveyed 400 males and 500 females aged between 16 and 65 from all around the U.K. AFP

### KASA MOTO

## Thinking outside the bento box

### WORD OF MOUTH

Theresa Albert

myfriendinfood.com



Hamachi Ponzu in a new way to serve sashimi — delicate and textural. THERESA ALBERT

If your favourite Japanese restaurant has bento boxes, that's delightful for a Wednesday lunch. However, contemporary Japanese cuisine has raised the bar. Kasa Moto opened its doors in Toronto's Yorkville this week and executive chef Michael Parubocki hopes some of his staff's exquisite attention to tradition while welcoming innovation will set the pace. Here's what's next:

- House-made soy sauce. The choices are no longer "salty" or "watered down salty." This artisan liquid takes up to six months of fermenting for each batch.

- Burdock root. This root vegetable hailing from Jerusalem is crisp and pungent. It is usually blanched and then pickled or otherwise dressed for use in sal-

ads or as a side dish.

- Salt-pickled sakura cherry blossoms. Don't look for this on every modern menu. Kasa Moto may be unique in its importing of this highly perishable, delicate flower petal that's pickled in plum vinegar and then dried.

The traditional tastes and techniques remain. Attention to detail and the natural beauty of each food will never go out of style. THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

### EMBRACING WINE'S BLACK SHEEP

### LIQUID ASSETS

Peter Rockwell

@therealwineguy



There are grapes that people just love to hate. As polarizing as some fruit can be, an interesting trend has emerged that has more open-minded wine lovers embracing these black sheep berries as if they're a badge of nonconformist cool. California's signature grape, Zinfandel, has strug-

gled to find an audience thanks to its pink version's reputation as a drop you drink when you know nothing about wine. Zinfandels love a barbecue, with Cline Cellars' 2013 Lodi Zinfandel (\$16.15 - \$17.99) serving up soft, bright, wild berry and a smooth finish that works just fine as a by-the-glass sipper or as a partner for grilled red meat. Prices reflect the range across the country. Some products may not be available in all provinces.

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Pharrell Williams, Helen Lasichanh, Kim Kardashian and Kanye West attend the 2015 CFDA Fashion Awards in New York City. ALL PHOTOS GETTY IMAGES

## Pharrell Kanye'd at fashion awards

NEW YORK CITY

### Happy singer honoured as fashion icon by CFDA

It was music superstar Pharrell who was being honoured as a fashion icon, but it was another superstar who got a lot of the attention at the annual Council of American Fashion Designers awards on Monday night.

Introducing Pharrell, who was receiving the evening's Fashion Icon award, Kanye West took the opportunity not just to praise his friend, but to express frustration at the fashion industry for, he suggested, its cool reception to his efforts to be a serious fashion designer.

"It is very difficult to break perception," West said. "Fashion had to be the hardest high

school I ever entered. At least I had a big brother," he said, referring to Pharrell, who "talked me through it and kept me going."

Pharrell, in turn, thanked many fashion figures who've been influential in his career and in his personal style, and concluded by saying: "I'm not a style icon. I'm just inspired. And I'm OK with that."

The emotional highlight of the evening, which honours the year's top designers, was when Betsey Johnson,

whose colourful, whimsical designs have been gracing the fashion world for more than 50 years, came onstage to accept her lifetime achievement award.

An ebullient Johnson, 72, treated the crowd to one of her signature cartwheels, and ended it with a split. She then called over her friend, presenter Kelly Osbourne, to help her up off the floor so she could give her speech.

THE ASSOCIATED PRESS

**DRESS ON FIRE**  
Kim Kardashian reported on social media Tuesday that her dress caught fire following the CFDA Fashion Awards.

### GOSSIP BRIEFS

#### Iggy Azalea engaged

So what's the best way to celebrate your 30th birthday with your famous Australian rapper girlfriend?

Proposing marriage, apparently. At least that's what NBA star Nick Young did, asking Iggy Azalea to marry him during his big party, dropping to one knee

and producing a sizeable 10-carat yellow diamond ring, according to TMZ. Oh, and the happy occasion was all caught on camera, naturally. Young and Azalea have been dating for two years — after a first date that apparently involved a trip to Target. That's dope.

THE ASSOCIATED PRESS

MATCH.COM

## Mariah dating online

Mariah Carey has joined Match.com — not just for love, but to promote her latest single.

The pop diva joined the dating website early Tuesday as she launched the music video for Infinity, which debuted on Match and VEVO.

Carey's profile says she's divorced and has two children. She posted four photos, including one of her singing

and another of her taking a selfie.

The 45-year-old said in a statement: "I hope every woman who is single and listens to this song goes out and finds her infinity, whether on Match or the traditional way."

In her new music video, Carey considers three potential Match suitors.

THE ASSOCIATED PRESS



MILA KUNIS

## Stalker on the loose

Authorities focused on transient populations in the search for a man sentenced for stalking actress Mila Kunis after he escaped from a Southern California mental health facility.

Probation officials said Tuesday

that Stuart Lynn Dunn had few local contacts and investigators had no leads. Dunn disappeared Saturday night from the Olive Vista Behavioral Health Center in Pomona by climbing through a bathroom window and scaling a barbed-wire fence, said Deputy Chief Reaver Bingham of the Los Angeles County probation department.

THE ASSOCIATED PRESS



# ENDLESS

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# 6 SUPERFOODS THREATENING OUR PLANET

When it comes to eating right, there's more to chew over than how our bodies can benefit

MATT KWONG/FOR METRO LIFE@METRONEWS.CA

Superfoods might be the heroes of the healthy-minded cook, but a growing chorus of environmental advocates is sounding off about their potentially destructive ecological consequences.

The latest wonder ingredient turned villain? The almighty almond, which has drawn the ire of water conservationists for draining California's lands amid an ongoing drought.

Long championed for its antioxidant properties, cholesterol-lowering powers and high protein and vitamin E con-

tent, the humble almond is a deceptively high-maintenance crop, demanding about 3.8 litres of water (a gallon) per nut.

California almonds consume 4.06 trillion litres of water every year, making the state's almond industry more water-intensive than the indoor water usage of families in the Golden State.

Even so, almonds are far from the only nutrient-loaded snack with a dubious ecological footprint.

## BLUEBERRIES

### Claimed health benefits:

Antioxidant-packed with vitamins K and C, potassium, and an excellent source of fibre, which helps lower risk of heart disease

**Environmental impact:** U.S. blueberries are listed among Environmental Working Group's produce items with high pesticide residue. Chemical spraying contaminates soil and can degrade soil quality

**Where it grows:** North America and South America. The U.S. is the world's largest producer

**Popularity:** The U.S. exported \$145.7 million in fresh blueberries in 2012, up 17 per cent from 2011, according to the Agricultural Marketing Resource Center. Canada was the biggest customer



ALL PHOTOS ISTOCK

## RED PALM OIL

**Claimed health benefits:** Rich in vitamin E, antioxidant properties, carotenes and palmolein, which has been promoted as a fat-burning micronutrient

**Environmental impact:** Mass deforestation of tropical forests in West Africa and Central America to make way for oil palm plantations has led to loss of habitats for endangered species

**Where it's produced:** Africa, South America and South Asia

**Popularity:** About 57 million tonnes of palm oil was consumed worldwide in 2013, according to the Roundtable on Sustainable Palm Oil



## TOFU/SOY-BASED

### Claimed health benefits:

Good source of protein, lowers cholesterol

**Environmental impact:** High energy output from factories for treating, processing and forming soybeans into slabs of tofu

**Where it's grown:** Soybeans grown in China, U.S.

**Popularity:** Global soy production in 2012 was 270 million tonnes, up from 130 million tonnes in 1996



## THE DIRTY DOZEN

Environmental Working Group's 2015 rankings of popular produce with the highest pesticide residue.

- 1 Apples
- 2 Peaches
- 3 Nectarines
- 4 Strawberries
- 5 Grapes
- 6 Celery
- 7 Spinach
- 8 Sweet bell peppers
- 9 Cucumbers
- 10 Cherry tomatoes
- 11 Snap peas, imported
- 12 Potatoes

SOURCE: EWG.ORG

## GREEK YOGURT

**Claimed health benefits:** Low in fat, high in calcium and vitamin B12, packed with probiotics to aid digestion

**Environmental impact:** Greek yogurt owes its thick consistency to straining, but the process leaves an "acid whey" byproduct that is difficult to dispose of. Acid whey can pollute waterways and risks harming marine life

**Where it's produced:** Originally Central Asia and the Middle East, now mostly U.S.

**Popularity:** Commanded 49 per cent of the U.S. yogurt market in 2014, up from one per cent in 2007



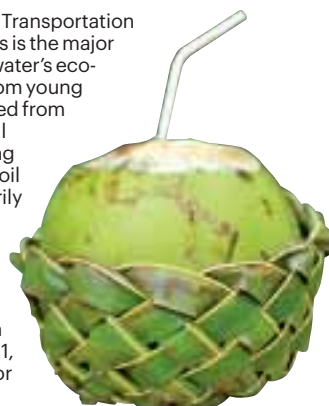
## COCONUT WATER

**Claimed health benefits:** Rich in potassium, boosts hydration, low in calories

**Environmental impact:** Transportation and burning of fossil fuels is the major contributor to coconut water's eco-footprint, as the liquid from young coconuts must be shipped from southeast Asia. Chemical fertilizers to meet growing demand also degrades soil

**Where it's found:** Primarily the Philippines, Indonesia, India

**Popularity:** Sales of top brands hit nearly \$400 million in North America in 2013, up from about \$150 million in 2011, according to Euromonitor



## FARMED ATLANTIC SALMON

**Claimed health benefits:** High omega-3 content, fatty acids associated with lowering risk of heart disease

**Environmental impact:** Wild salmon stocks are unsustainable. Farm-raised salmon threaten oceans due to expulsion of waste from overcrowded pens as well as spread of sea lice. The farm-raised salmon industry also interrupts natural biodiversity

**Where they're raised:** In Canada, Atlantic and Pacific coasts

**Popularity:** Farmed salmon consumption tripled to more than 110 million kilograms a year in the U.S. in 2010, up from about 3 million kilograms a year in the 1980s according to the Atlantic Canada Fish Farmers Association



URBAN GARDENING

# If you grow your own veggies...

City-grown vegetables are likely safe to eat, according to a new study, published in the Journal of Environmental Quality, that takes a look at the popular practice of urban gardening.

Nearly all the vegetables grown in the experiment had low contaminant levels.

While root crops could absorb enough lead to dip into the red zone of safety standards, this shouldn't keep urban gardeners from growing them, says Ganga Hettiarachchi of Kansas State University.

Cleaning is the first important step in ousting the toxins from your city-grown veggies.

"Thorough washing is definitely the key," says the agronomist.

"Soap isn't even really necessary if you wash all of the visible soil off with water in your kitchen. The main point is to make sure you're not eating soil."

AFF

## THE CLEAN 15

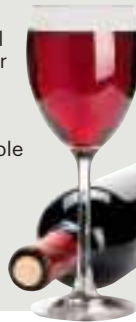
Environmental Working Group's 2015 rankings of popular produce with the lowest pesticide residue.

- 1 Avocados
- 2 Sweet corn
- 3 Pineapples
- 4 Cabbage
- 5 Sweet peas, frozen
- 6 Onions
- 7 Asparagus
- 8 Mangos
- 9 Papayas
- 10 Kiwi
- 11 Eggplant
- 12 Grapefruit
- 13 Cantaloupe
- 14 Cauliflower
- 15 Sweet potatoes

## + WINE VS. BEER THE BEST BEVERAGE TO LEVERAGE YOUR ECO-FRIENDLY FOOD

One of the pleasures of eating well is enjoying wine or beer with a meal. But which drink is the more environmentally sustainable beverage?

We asked Tony Aspler, the Wine Guy, and he says wine comes out on top.



Producing beer is much more energy involved, says the wine expert.

"It demands a lot of heating. Wine is a much more natural phenomena," says Aspler. "Grapes are harvested and either fermented with natural yeast or inoculated yeast."

Aspler recommends buying from a local winery whose farming practices are sustainable.

"Look for organically made wines and wineries that are certified bio-dynamic, like Southbrook," Aspler says.

And if you're wondering what to look for when buying an environmentally friendly Canadian brew,

Christopher Lowry of Ecotone Productions and the founding director of Brewers Plate Toronto, says, "The simple answer is, buy local first."

"Ontario craft brewers make some of the best

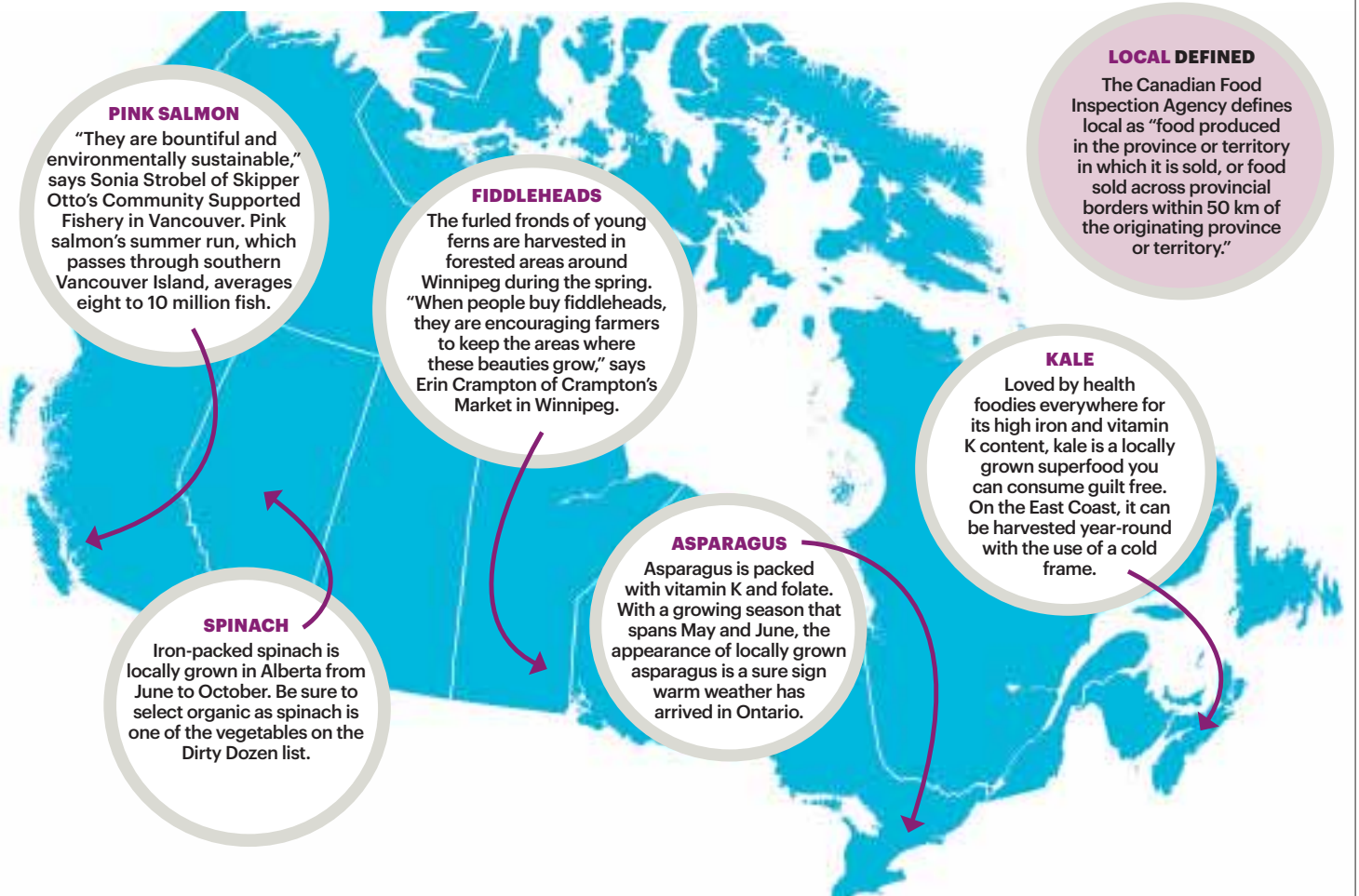


beer in the world, and it doesn't have to travel far to get to you.

"Some craft brewers are also sourcing local organic ingredients. It turns out we grow amazing hops in Ontario." HENRIETTA WALMARK/METRO

## EATING LOCAL AND IN-SEASON ONE EASY WAY TO LESSEN THE ECO-FOOTPRINT OF YOUR DIET

Locally produced food is fresher, which translates to higher nutrient levels, and eating in-season ensures variety in our diet. Eating local and in-season is also easier on the grocery bill. Here Metro offers a few suggestions for some of Canada's largest centres LIZ BROWN/METRO



WATER CONSUMPTION

# Guess how many showers you would have to give up for a burger

If you're a junk food aficionado, don't sit there too smugly thinking that this page is payback for all the times health food fans have lectured you about your lacklustre diet.

On top of polluting your body, your meals are equally ecologically damaging, especially when it comes to water consumption.

The burger, that sacred symbol of fast-food binging, is also a big water hog.

There are the beef cows that need watering, the thirsty tomatoes and lettuce, and all those wheat crops that need to be grown to make the buns that bookend the patty.

In fact, The Water Brothers, Alex and Tyler Mifflin, whose water conservation show airs on TVO and online at waterbrothers.ca, told Metro that one of the most powerful things diners can do for water resources around the world is cut down

on their consumption of meat and dairy products.

According to Alex, meat and dairy production eats up about 30 per cent of global freshwater demand.

"We're not saying you have to become a vegetarian, but just replacing a couple of meat-based meals with vegetarian proteins can have a big impact on cutting down on water use and water pollution," says Alex.

LIZ BROWN/METRO

It takes 2,400 litres of water to make one hamburger, according to The Water Brothers.



That includes the water needed to produce the beef patty, bun, tomato and lettuce for one burger.



To put it in perspective, 2,400 litres of water could supply you with two months of showers.



## IN BRIEF

**Canada: Most of us creep on our ex-partners using Facebook**

Feeling not quite over your last breakup? According to a recent study, social media won't help you heal any quicker. Researchers at London, Ontario's Western University report that a whopping 88 per cent of Facebook users "creep" on ex-partners. "Even those who did not actively attempt to view an ex-part-

ner's Facebook profile found themselves inadvertently doing so when content the ex-partner posted appeared in their news feeds,"

88

Per cent of Facebook users who use site to "creep" on their exes

said Anabel Quan-Haase, a professor at Western University. MARIANNE HAYES/METRO IN NEW YORK

**Sweden: Waiting to cut the umbilical cord linked to health benefits**

In most countries, cutting a newborn's umbilical cord within 10 seconds of birth is the norm. But new research is highlighting potential benefits of delayed cord clamping (DCC). Re-

searchers say that leaving the umbilical cord in place for a few extra minutes allows blood to continue flowing into the baby's circulation, providing the newborn with extra blood. This appears to stave off iron deficiencies down the line. Another study suggests DCC is associated with better fine motor skills years later.

MARIANNE HAYES/METRO IN NEW YORK



Nina Teicholz, author of *The Big Fat Surprise*, has peameal bacon and fried egg at Carousel Bakery in St. Lawrence Market in Toronto. VINCE TALOTTA/TORONTO STAR

## Is Canada's Food Guide failing us?

## FOOD &amp; HEALTH

### U.S. author tells Senate committee saturated fat isn't a problem

The American author of an investigative book about saturated fats told a Canadian Senate committee Thursday the country's nutritional guidelines are failing citizens, making them obese and diabetic.

"The diet currently advised for Canadians is a low-fat, failed diet," said Nina Teicholz.

Teicholz, author of *The Big Fat Surprise*, a book which eviscerates the current and widely held view that saturated fats found in animal protein are harmful to health, testified during a session of the Senate committee on social affairs science and technology about the incidence of obesity in Canada, its "causes, consequences and the way forward."

During the hour-long session Teicholz explained the findings of her bestselling book and recent critique of the new, proposed changes to the American nutrition guidelines.

She shone a light on how Canada's diet — dictated by the current Food Guide — is "nutritionally insufficient" and that its focus on carbohydrates, including fruits and vegetables,

over animal protein is what is making us sick.

She attacked the current view that Canadians are in the throes of an obesity epidemic because they aren't following the current nutritional standards and are eating too much junk food. That explanation "isn't supported by the data," she said.

National sugar consumption, according to Statistics Canada, is down 32 per cent, Teicholz told the Senate, recommending this country lift its limits on saturated fat — and animal foods — something, she said, would "go a long way to solving the problem."

In a recent emailed statement to the *Toronto Star*, spokesperson Sean Upton said Health Canada is in the midst of reviewing its current "guidance for consumption (quantity and frequency)" and that guidance could be updated in the future.

Teicholz was invited by the committee to testify as a Senate witness a few months ago — her debut book was published last May — and she was chosen because of her "well-articulated point of view that contradicts social assumptions around diet," says Nova Scotia Senator Kelvin Ogilvie.

The committee is almost finished hearing from witnesses on this matter, said Ogilvie. After that, it will author a report. TORSTAR NEWS SERVICE

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# Hunt for Hannibal crosses the pond

## SNEAK PEEK

### Hugh Dancy dishes on Season 3 developments

**Eva Kis**  
Metro | New York City

For a man who plays one of TV's darkest characters, Hugh Dancy laughs easily — though it's the nervous laughter common while watching his show, *Hannibal*.

The series about cannibalistic Dr. Lecter (played ostentatiously by Mads Mikkelsen) is back for its third season Thursday at 10 p.m. ET/PT on City.

Dancy's tenuously sane profiler Will Graham is recovering from being gutted physically — as Hannibal was emotionally — after betraying his secret to the FBI. Meanwhile, Hannibal

is enjoying life as a professor in Italy with accomplice/hostage Bedelia Du Maurier (Gillian Anderson) posing as his wife. We caught up with Dancy about why Will just can't quit Hannibal.

**Will is pursuing Hannibal, despite nearly being killed. Is he still with the FBI, or is this personal?**

By the end of Season 2, Will has proven that he has no scrap of self-preservation whatsoever. Will is certainly cut off from the FBI, but more to the point, he's cut off from the people who would've been his allies — he doesn't trust them, and they don't necessarily trust him.

**Hannibal loves Will, but how does Will feel?**

The way I think about it is they've been alone in the world until they recognized something in the other that made them feel not alone,

which is as good a description of love as you can have, I suppose.

**One of the things that fans have really connected with are Will's dogs. Do you know how that character decision was made?**

I don't know except that [series creator] Bryan Fuller is an animal lover and a dog lover in particular. That, to some extent, like most things originates in *Red Dragon*, the novel, and he took a smaller thing and elaborated on it.

I think also that it was basically about the only way of humanizing Will in the beginning because you have this guy who's socially awkward, borderline hostile and then, in his head, he's killing people all the time. If you had Will without the murder and also without the dogs, you'd just have a really anti-social guy you didn't want to spend much time with.

**You had two scenes with Gillian Anderson in Season 2. Will you have more?**

I have a few scenes with Gillian, mostly towards the second half, which should serve to tell you that she maintains her presence in the show after we go into the *Red Dragon* storyline.

**Dinners on the show are gourmet affairs. Are you a fancy food guy?**

Once in a blue moon, who doesn't like a big lavish dinner with white tablecloths? But on the whole, I prefer that medium: great cooking but a bit more informal, and good company.

**I'm more of a wine guy than a food guy, though you can't have one without the other.**

**What's in your glass these days?**

Right now I'm in Germany, so Riesling.



Hugh Dancy's character, Will Graham, pursues Dr. Lecter to Florence for Hannibal's third season. BROOKE PALMER/NBC

## FALL SCHEDULE

### City TV scores with fall lineup

The slasher series *Scream Queens*, the Muppets reboot and the comedy *Life in Pieces* are among the big TV titles heading to City.

The Rogers Media channel announced a fallschedule Tuesday featuring 11 returning series and 12 new shows.

*Scream Queens* is the latest horror-comedy to come from American Horror Story creator Ryan Murphy. The show anchors an all-new Tuesday night lineup with the John Stamos comedy *Grandfathered* and the Rob Lowe comedy *The Grinder*.

"We were concerned about Tuesdays and I now think we're going to win," said Colette Watson, vice-president of television and broadcast operations.

Sunday night also gets an overhaul with addition of the Fox comedy *The Last Man on Earth* and two comedies last seen on Global: *Family Guy* and *Bob's Burgers*.

*Hockey Night in Canada* returns Saturday nights. Returning series include the comedies *Modern Family* and *Black-ish* as well as the breakout hit drama *Empire*, which moves from OMNI and will air at 8 p.m. ET Wednesdays, an hour earlier than



**Abigail Breslin stars in *Scream Queens*, premiering this September on City.**

STEVE DIETL/FOX

the Fox broadcast.

"It was unbelievably successful in the U.S. so they are so anxious to get season number two going," said Watson.

The CBC-TV classroom comedy *Mr. D* also joins the schedule while *The Mindy Project*, — recently dropped by Fox but picked up by Hulu — will run Thursdays.

Thursdays will also be home to Thursday Night NFL in a CBS simulcast until Oct. 29.

THE CANADIAN PRESS

## IN BRIEF

### Rogers Media plans to tweak *Hockey Night in Canada* in off-season

As *Hockey Night in Canada* wraps its first season as a Rogers property, changes are already being planned for next. But none of them have to do with controversial rookie host George Stroumboulopoulos, said Rogers Media boss Scott Moore on Tuesday.

Some of HNHC's more outspoken viewers remain staunchly opposed to the new face of the Saturday night double-header, the result of Rogers' 12 years, \$5.2-billion deal for NHL broadcast rights.

Moore says viewership is up overall on television — but barely, at two per cent. "Hockey Night in Canada — was it up as much as we would like? No, but I think the boys in blue down the street might have had something to do with that," said Moore, citing the disappointing performance of the Toronto Maple Leafs.

He expects more interest next season with the arrival of new Leafs coach Mike Babcock and budding young star Connor McDavid joining the league, likely in Edmonton.

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## 4Runner tackles rough stuff



JIL MCINTOSH/FOR METRO

### THE CHECKLIST 2015 TOYOTA 4RUNNER

#### THE BASICS

**Type.** 4-door, 5- or 7-passenger midsize 4WD SUV  
**Engine (hp).** 4.0-litre V6 (270)

**Transmission.** Five-speed automatic

**Price.** Base \$39,060; as-tested \$45,575 (plus destination)

#### POINTS

- All 4Runner trims include a towing package, and can pull up to 2,268 kilograms.
- Terrain Edition includes crawl control, an off-road cruise control that can be set for 1.5 to 5 km/h.
- Downhill assist control will automatically slow the 4Runner on steep off-road inclines.



JIL MCINTOSH/FOR METRO

#### COOL FEATURES

- Touch-screen audio with satellite radio.
- Standard rear-view camera.
- Power-operated liftgate window.
- Tire pressure monitoring system.
- 40/20/40 folding and reclining rear seats.

#### MARKET POSITION

The 4Runner plays in a small field. 4WD, body-on-frame SUVs aren't as fuel efficient as unibody models and are more capable than most people need. Toyota also used to offer the retro-styled FJ Cruiser, a competitor to the Jeep Wrangler.

#### THE COMPETITION



**Jeep Cherokee**  
Base price: \$24,495



**Nissan Xterra**  
Base price: \$34,013



**Subaru Forester**  
Base price: \$25,995

#### REVIEW

### Toyota SUV also behaves on highways, city streets

**Jil McIntosh**  
For Metro

In the beginning, there were trucks. And from trucks we got utility vehicles, which could handle the rough-and-tough just as well, but carry more people.

Eventually they morphed into the sport utility vehicle, or SUV, most of which softened their tough edges to become more car-like. But there are still a few that can really tackle the rough stuff, including Toyota's 4Runner.

It's still body-on-frame construction, and on this reviewer's Trail Edition tester, you get a part-time four-wheel-drive system that you engage with a lever and which is meant only for off-road, where it'll take the 4Runner through just about anything. If you prefer a four-wheel system that can also be used on dry roads, the Limited trim line uses full-time 4WD.

All 4Runner models contain a 4.0-litre V6 engine with a five-speed automatic transmission. It's a gutsy engine

and a good fit, but this is a heavy vehicle and you'll need to be prepared for the fuel consumption. It's officially rated at 12.8 L/100 km in combined driving, but when this reviewer drove it in cold weather, she topped out at 17.2 L/100 km.

The default configuration is five-passenger seating, but the top-line Limited trim can be optioned to seven passengers. On my Trail Edition tester, the cargo area floor is covered with a handy tray that'll hold 200 kilograms and pulls out for easier loading. You can also hide valuables in the shallow cubby under the tray.

The power-operated rear window disappears completely into the

liftgate so you can toss items in, and can be operated from the key fob, but the liftgate itself is heavy and it takes a

serious tug to pull it closed.

Despite its considerable off-road ability, the 4Runner still behaves well on city streets, and it's quiet and well-mannered on the highway.

The cabin may look a little dated, but the big, simple controls let you adjust the climate or stereo with a minimum of distraction.

The 4Runner's probably far more than most people need, but for those who want both daily urban transportation and a serious off-roader for weekends, this could fit the bill.

“

**You'll need to be prepared for the fuel consumption**

#### SELF-DRIVING VEHICLES

## Disruptive era heralds fewer cars on roads

#### AUTO PILOT

**Mike Goetz**



Not too long ago the only time people used the word “disruptive” was to describe that kid in grade school who was adept at knocking the class off its educational stride.

Now every time we hear the word, it seems to be in reference to technology and innovation, and how “disruptive tech-

nology” is going to be, well, very disruptive to whatever is going on at the moment.

Digital technology and the Internet are the most obvious and largest “disrupters” of late, and they're just getting started.

Yet we're also heading into an era where we will see a huge disruption in how we use and own vehicles. A vehicle that can do its thing without a human driver, and without accidents, opens up so many possibilities and scenarios, it's hard to image how anything on

the current automotive scene would remain unaffected.

The entities that now design and build our vehicles will have the most adjusting to do, if they want to stay in the “mobility” game. We're already seeing Silicon Valley players, such as Google and Apple, becoming a factor in this industry, which previously revolved around places such as Detroit, Wolfsburg, and Toyota City.

Not only is their technological influence at stake, so is their manufacturing importance. In

a driverless world, you just don't need as many vehicles. A recently released research paper from the English bank Barclays predicted driverless cars will reduce vehicle sales in the U.S. by 40 per cent over the next 25 years, and force domestic players, such as GM and Ford, to cut production here in North America by more than half. Ouch.

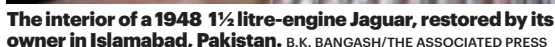
The paper also forecasted the main vehicle types that would populate this smaller vehicle pool:

- Traditional vehicles, with no (or limited) self-driving capabilities. These vehicles would primarily be trucks and vans used for work-related activities, but would also include performance and sporty vehicles that some people would want to “self” control, because they find that kind of thing fun.
- Family Autonomous Vehicles (FAVs) would be self-driving vehicles owned by individual families. This category would more or less replace the current luxury category, because it

would have elements of status, comfort, and exclusivity.

- Shared Autonomous Vehicles (SAVs) would be one of the main ways people would get around. Think “robot taxi” service.
- Pooled Shared Autonomous Vehicles (PSAVs) would be similar to SAVs, except the “robot taxi” service would take multiple riders at the same time.

This low-cost transportation option would be a further incentive to forget about “owning” your own car.



## VINTAGE CARS

## Pakistan's collectors preserve part of history

For an elite but passionate group of vintage car collectors in Pakistan, restoring antique rides is like travelling

back in time — and money seems to be no obstacle when the prize is a Lincoln convertible that belonged to an Afghan king or a Rolls-Royce once used by India's last viceroy.

Mohsin Ikraam, president of the Vintage and Classic Car Club of Pakistan, says the collectors help preserve a portion of the region's history of the past century. Among rich Pak-

istanis, he says, the desire to own classic automobiles has been growing and the club's membership has now topped 10,000.

The club sponsors many promotions and events where owners roll out their antiques for annual car shows or take them on rallies spanning hundreds of kilometres across Pakistan — something that might raise eyebrows among those aware of just how volatile this country can be. To outsiders, Pakistan is better known for militant havens in its north-western tribal areas and Taliban insurgents who have fought for more than a decade to overthrow the government and impose a harsh version of Islamic law, killing tens of thousands of people in the war.

But Pakistan's gearheads are a testament to the universal appeal of fixing up and maintaining vintage cars. Take businessman Raja Mujahid Zafar, for one.

He has nearly 40 classic cars — the oldest among them a 1914 Ford Model T — at his palatial Islamabad home. A special section of the house and grounds is dedicated to his hobby, including a big concrete garage and two outdoor shelters.

"You can't stop time," he said, touching the Ford's copper-plated insignia, "but you can drive back into the past."

He imagines the car whizzing about on roads back when the region was still a British colony, scenes reminiscent of old movies. "That's the historical ride you enjoy."

Zafar's says his "first love" was a maroon, six-cylinder Wolseley 1936 model — a "wreck" when he found it in 1988. It took him several years and trips abroad to hunt down parts to restore it to original condition, he said.

Getting spare parts is the most challenging aspect of the hobby, the collectors say, and parts are often shipped from the U.S. or Europe. Advertisements are put in foreign newspapers — even friends travelling abroad are recruited for help.

In response to an ad in 2004, a London broker got Karachi-based businessman Karim Chhapan an original clock he desper-

ately wanted for his 1924 Rolls-Royce Silver Ghost model. It cost £400 — or about \$725 US at the time.

The Rolls-Royce won first place at an international Concours D'Elegance car show in Kuwait in 2012, Chhapra says, and his American 1929 Hupmobile came in second.

The Rolls was originally owned by a prince, Nawab Sadiq Muhammad Khan Abbasi, in the then-India's Bahawalpur state, which later became part of Pakistan. Lord Mountbatten, the last viceroy of India, and Pakistan's father of the nation, Muhammad Ali Jinnah, rode in it together during the 1947 ceremony marking the birth of Pakistan.

It had remained garaged for decades, said Chhapra. When he occasionally takes the \$462,000 Rolls-Royce for a spin, people on the streets stop him for a selfie.

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**Raja Mujahid Zafar takes his Wolseley 1936 model car for a spin in Islamabad, Pakistan.** B.K. BANGASH/THE ASSOCIATED PRESS

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# GM pulls plug on Volt abroad

## SALES

### Right-hand drive car to go

General Motors will no longer produce its next-generation plug-in hybrid Volt in right-hand drive for foreign markets. That spells the end of the Holden Volt, as the car is marketed in Australia, reports AutoWeek magazine. The Volt in right-hand drive has been on sale since late 2012, but because of a \$60,000 US price tag and a lack of interest from Aussie buyers, just 246 of the cars have been sold.



TEXT AND IMAGES BY WHEELBASE MEDIA

## NEW CARS

### Fiat 500X to woo continent

Fiat's 2016 500X tall wagon might do for Fiat what other 500 models haven't: win the minds and wallets of North American buyers in a vehicle class that's expanding quickly. Designed in Italy and aero-smooth in all the right places, Fiat says the 500X blends road manners, appropriate urban dimensions and high fuel economy with a wide-ranging suite of premium safety technologies.



## THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

## E-CARS

### Big Oil's days numbered?

An upheaval in clean energy is quietly loosening the grip of the world's largest publicly owned oil and gas companies (known as Big Oil) on the automotive industry, say analysts at Bloomberg New Energy Finance. Electric vehicles "are starting to take off, with global sales of 288,500 units last year." While that's just 0.5 per cent of all car sales, it's more than five times the number sold in 2011. That's because electric-car battery costs are falling as fast as solar-panel costs. The price of lithium-ion batteries has fallen 60 per cent from 2010 "and will keep declining at the same pace." Fuel-cell cars are also moving into showrooms from the laboratory. The Chevrolet Bolt (pictured at left), for example, with long electric range, is expected to help make electric cars more popular.



## ENERGY

### Tesla looks past automobiles

Tesla Motors is reinventing itself to become more than an automotive company, but an "energy innovation company" first and foremost. Its new corporate offshoot, Tesla Energy, will enable homes, businesses and utilities to store electrical energy on site, to manage individual power demand, provide backup power and increase electrical grid resilience. Its Powerwall suite of infinitely stackable lithium-ion batteries mount on a wall to draw and store power from the grid during lower-cost non-peak periods, and/or from roof-mounted solar panels.



## + INVESTMENT

### Toyota to splash out on hydrogen development

As one of the auto industry's leading proponents of hydrogen fuel-cell technology, Toyota has set out to do with fuel cells what it did with gas/electric hybrid tech: to make it mainstream. Toyota will sell \$4.2 billion US-worth of its common shares, mainly to fund fuel-cell research and development. The company began sales last December of the Mirai sedan, its first production car to run on hydrogen and emit only water, reports industry watchdog Automotive News.

# CSA head calls women's game 'a shining light'

**WOMEN'S WORLD CUP**  
**Soccer boss sees Canadian event restoring game's lustre**

The head of Canadian soccer says the Women's World Cup may help restore the shine of world soccer despite the mushrooming FIFA scandal.

The turmoil in the sport's world governing body took another turn Tuesday as president Sepp Blatter, just four days after winning re-election, announced plans to step down.

Canadian Soccer Association president Victor Montagliani welcomed the news of Blatter's departure, saying change was needed in the FIFA boardroom because "I think we've lost our moral compass in the game."

"Hopefully this is the start of us giving it back."

Montagliani says the Women's World Cup will help that.

"The women's game in a lot of ways is a shining light that may part the clouds here," Montagliani told The Canadian Press on Tuesday. "Women's football is in such a pure state in terms of these girls really play for the jersey, really play for the love of the game. We're not talking big-money athletes. There's a purity to it."



Canada forward Adriana Leon clashes with England's Claire Rafferty during Friday's friendly at Tim Hortons Field in Hamilton. Canada opens up World Cup play this Saturday at Edmonton's Commonwealth Stadium. GEOFF ROBINS/AFP/GETTY IMAGES

But also a little mystery. A CSA spokeswoman, responding to a Canadian Press question about compensation for the Canadian women at the World Cup, said she could not divulge the information because of a confidentiality clause in the agreement between the team and Canada Soccer.

Montagliani did not vote for Blatter at Friday's FIFA Congress and he says he personally told the FIFA president why.

**"I think we've lost our moral compass in the game."**

Canadian Soccer Association president Victor Montagliani

Blatter was surprised, Montagliani said.

The CSA president said he had not expected Blatter to ful-

fil his term but was surprised the end came so soon.

Asked how Blatter will be remembered, Montagliani said "probably, in the short-term, not very well." That cloud will overshadow the fact there was growth during his years as general secretary and then president.

Montagliani says he never saw any signs of shady business in FIFA. He cited cultural differences in doing business

around the world, but "there's a difference between accepting differences and what's coming out (in the scandal)."

Montagliani was elected president of the CSA in 2012, one year after Blatter ran unopposed.

The native of Burnaby, B.C., was a CSA vice-president for three terms, and has been a member of its executive committee since 2005.

THE CANADIAN PRESS

## **GOLDEYES** **Fish fry** **Canaries** **in home** **opener**

There is always a sense of renewal and new hope with the beginning of a fresh baseball season. And while it may still be spring, the boys of summer hit the diamond in downtown Winnipeg Tuesday night for the Goldeyes' 2015 home opener against the Sioux Falls Canaries.

The Fish (5-6) and their American Association North Division rivals chipped away at each other with scattered runs throughout a chilly but calm night with the home side emerging 5-3 victors.

Winnipeg sent starter Matt Jackson to the hill, and while the rightly allowed all three Canaries runs, the third-year Goldeye earned his second win of the season (2-1, 2.45 ERA) in 6-1/3 innings of work.

Jailen Peguero came in and tossed a one-hit ninth to earn his second save of the season.

Despite an approaching storm that threatened to dump rain on the festivities, 6,771 fans came out to enjoy the return of their summer pastime.

The wet dodged the city while drenching large areas of southern Manitoba.

The Goldeyes continue their three-game set with Sioux Falls (5-7) on Wednesday night and Thursday with an 11 a.m. matinee.

DARRIN BAUMING/FOR METRO

## **MLB** **Pillar powers Jays** **to double-dip split**

Kevin Pillar hit two home runs off Max Scherzer, and the Toronto Blue Jays snapped a four-game skid with a 7-3 win over the Washington Nationals in the second game of a day-night doubleheader.

The Nationals won the opener 2-0.

Pillar hit a solo shot in the second and, with Washington ahead 3-1 in the fifth, he put Toronto back in the lead with a three-run homer down the left-field line. THE ASSOCIATED PRESS



Kevin Pillar drove in four runs for the Blue Jays on Tuesday night. KEVIN PILLAR/GETTY IMAGES

## **IN BRIEF**

### **Canada has hope in Hendo**

Lorie Kane was the last Canadian to win an LPGA event back in 2001. Fourteen years later, her young protege hopes to end that drought on home soil.

Brooke Henderson highlights a contingent of 10 Canadian golfers at this week's Manulife LPGA Classic at Whistle Bear Golf

Club in Cambridge, Ont. In her first season as a pro, the 17-year-old has already come close to winning a championship and ending Canada's barren run.

"We're hoping to change that this week," said Henderson, sitting alongside her caddie, older sister Brittany, in a press conference Tuesday.

THE CANADIAN PRESS



### **FRENCH OPEN**

## **Vintage Federer** **absent on red clay**

Stumbling on his way to the net, Roger Federer dropped his racket and fell to his knees on the red clay. Hardly the sort of grace and precision the world has come to expect from the 17-time Grand Slam champion.

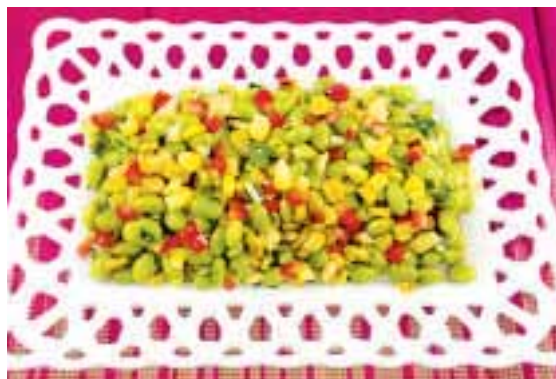
"I made 30-something errors today. He, maybe, made one," said Federer, exaggerating a bit after his 6-4, 6-3, 7-6 (4) loss in the French Open quarter-finals Tuesday to Swiss Davis Cup teammate Stan Wawrinka.

THE ASSOCIATED PRESS



Roger Federer was eliminated from the French Open on Tuesday. GETTY IMAGES

## RECIPE Edamame Salad



## EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman



The perfect protein-filled vegetarian salad.

## Ready in

Prep time: 10 minutes

Cook time: 8 minutes

## Ingredients

- 13 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- ½ diced water chestnuts
- ½ cup diced red bell pepper
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 2 Tbsp low-sodium soy sauce
- 1½ Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- ½ tsp minced ginger
- 1 tsp toasted sesame seeds

## Directions

**1.** Boil edamame beans just until bright green, approximately three minutes. Drain and rinse with cold water. Place in serving bowl.

**2.** In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately five minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

**3.** Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

## Nutrition per serving

- Calories 257
- Carbohydrates 29 g
- Protein 17 g
- Fat 7.9 g
- Cholesterol 10 mg
- Sodium 398 mg
- Fibre 3.6 g

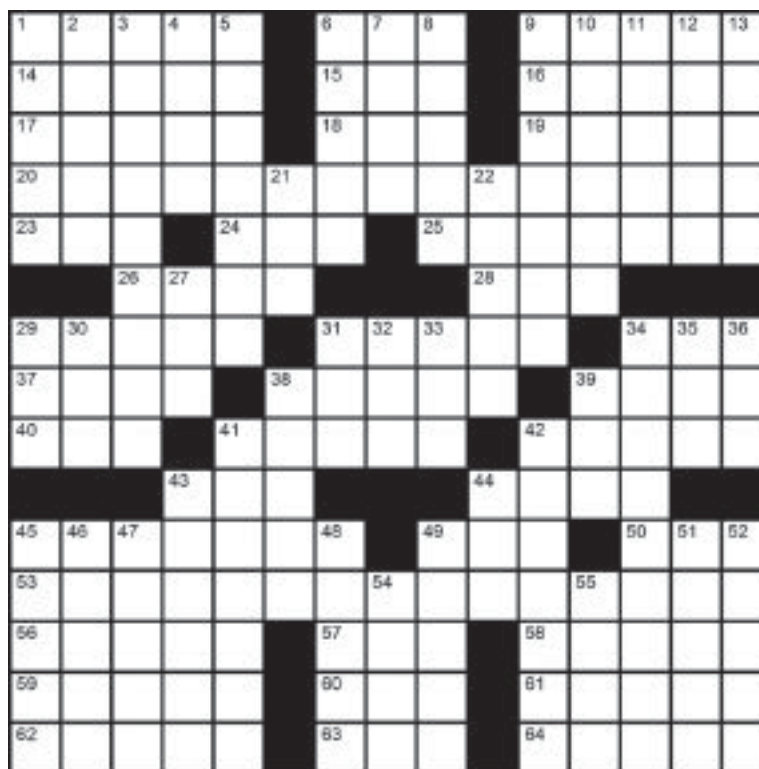
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Did some betting at the casino  
6. Stephanie Mills song: "What \_\_ Gonna Do with My Lovin'"  
9. \_\_ and pains  
14. Make \_\_ of  
15. Faith, for short  
16. Utah city  
17. Architectural colonnades  
18. 'Ranch' suffix  
19. Evita musical surname  
20. Neighbour of Cdn. territory the Yukon: 4 wds.  
23. Henry James \_\_ (British poet)  
24. Twi'\_\_ (Humanoid species in the 'Star Wars' universe)  
25. Tornado  
26. Bitty bug  
28. Born, in Boucherville  
29. Eyewear, colloquially  
31. X-\_\_  
34. Faint  
37. Waiter's prop  
38. Strong  
39. Gateway  
40. Nevertheless  
41. Baby bird sounds  
42. Sunups  
43. Pecan  
44. "It's \_\_ too long!"  
45. Famed hotel in New York, Waldorf \_\_  
49. Mints brand, \_\_ tac  
50. Brain liquid [acronym]  
53. 16th-century



English explorer who searched for the Northwest Passage in Canada: 2 wds.  
56. Elongated circles  
57. Road coat  
58. Monk, in Montreal  
59. Musical group

of nine  
60. Long list's ender  
61. "This is \_\_ sudden!"  
62. " \_\_ Anatomy"  
63. "Go team!"  
64. Green hue

## DOWN

1. Fill with fuel: 2 wds.  
2. Nervous  
3. APTN cooking show, " \_\_ & Marmalade"  
4. Coup d'\_\_  
5. Removes pepper's table partner  
6. False \_\_ (Van-couver inlet)  
7. Someone's saver  
8. Upward  
9. Submitted a CV  
10. Wrinkle  
11. "The Magnificent Seven" (1960) actor Mr. Buchholz  
12. Call forth  
13. Navigational aid-at-sea

21. Golfing prop  
22. Bristled, like barley  
27. Glacial  
29. Pig pen  
30. \_\_-med student  
31. "Sheila" by Tommy \_\_  
32. Swiss peak  
33. Olde-style word  
34. Canadian blues group, \_\_ Blues Band  
35. Particle  
36. Bride's new title  
38. \_\_ stone (Cannot be changed): 2 wds.  
39. Actor, Daniel \_\_ Kim  
41. Sticking to tradition sorts  
42. The little point between the '2' and '5' of 2.5  
43. Rachel \_\_, Alberta's new Premier  
44. Diner's shirt protector  
45. In with  
46. Relish an enjoyable experience or flavour [var. sp.]  
47. Big name in air conditioners  
48. Blue Rodeo's " \_\_ the Rain"  
49. Statue of Liberty's light  
51. Feel  
52. Ozone-damaging refrigerant  
54. Pro \_\_ (In proportion)  
55. Unaccompanied

## ★ IT'S ALL IN THE STARS by Sally Brompton

## ♈ Aries March 21 - April 20

A decision needs to be taken about your financial situation and it is up to you to take it and make it work. Don't keep quiet and let others call the shots — if you do it is they who will gain and you who will pay.

## ♉ Taurus April 21 - May 21

A battle of wills is likely today but because it is a battle that neither side can win you are advised not to take it too seriously. Speak your mind but don't waste time and energy trying to get others to change theirs.

## ♊ Gemini May 22 - June 21

If you recently made some kind of error then hold up your hand and admit it. No one will think less of you and punishment is unlikely to be severe. Swallow your pride and accept your share of the blame.

## ♋ Cancer June 22 - July 23

If you find yourself arguing over a subject you feel strongly about today make sure it does not get out of hand. It is not worth putting a friendship at risk to win a debate that soon everyone will have forgotten about.

## ♌ Leo July 24 - Aug. 23

You will find your options limited today and there is nothing much you can do about it. It may not be your way to do nothing, but sit tight and wait for the restriction to pass.

## ♍ Virgo Aug. 24 - Sept. 23

You will hear something over the next 24 hours that you utterly disagree with, but this is not a good time to make your feelings known. It could be that someone is being deliberately provocative just to see how you react.

## ♎ Libra Sept. 24 - Oct. 23

You won't lack for advice today, but how much of it is good advice? Hardly any of it, according to the planets, so ignore what others say and follow your instincts.

## ♏ Scorpio Oct. 24 - Nov. 22

There are times when it is right to forgive and forget but this isn't one of them. If you let someone who has damaged you in some way off the hook it will make you look weak and encourage others to take advantage. Get tough.

## ♐ Sagittarius Nov. 23 - Dec. 21

Don't waste your time and energy trying to figure out something that most likely has no meaning at all. This is one of those occasions when, if you ignore a problem, it won't be a problem for long, so leave it alone.

## ♑ Capricorn Dec. 22 - Jan. 20

Because everyone else seems happy with what's going on you may be reluctant to voice your disapproval, but chances are if you speak up today others will be encouraged to do as well. You're by no means alone.

## ♒ Aquarius Jan. 21 - Feb. 19

You will encounter opposition in some way today and you are going to have to find a way to balance your domestic responsibilities and your career ambitions. It won't be easy but it can be done — so do it!

## ♓ Pisces Feb. 20 - March 20

You will get frustrated with people who can't make up their minds today. For your own peace of mind it might be best to leave them out of your plans altogether and just do your own thing.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

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